

REBOUND: DOW UP MORE THAN 400 AFTER MOVE BY FED 3

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Wednesday



KINGS OF AMERICA

Kanye West and Jay-Z reign over rap on 'Watch the Throne' **23**

PRIVATE MEMORIAL

Obama solemnly honors 30 U.S. troops killed in Afghanistan **4**

FINE TEASER

Pickles make the most of farmers market produce **27**



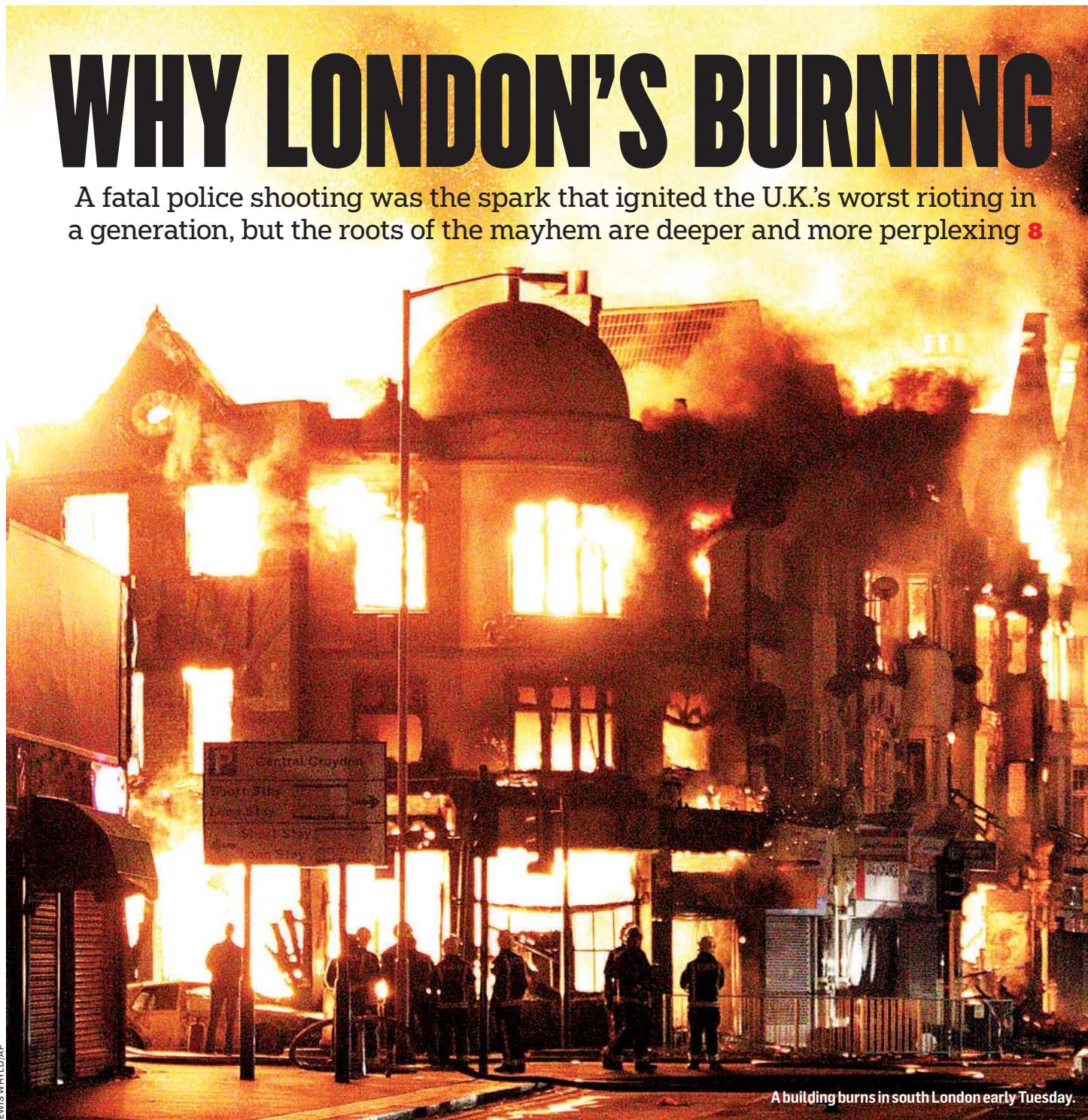
90 68

EXTENDED FORECAST, SEE PAGE 29

AUGUST 10, 2011 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

WHY LONDON'S BURNING

A fatal police shooting was the spark that ignited the U.K.'s worst rioting in a generation, but the roots of the mayhem are deeper and more perplexing **8**



A building burns in south London early Tuesday.

LEWIS WHYLD/AP



eye openers

AT ESCAPES

Endorsement Deals Roll In for 'Bovine Usain Bolt'

A steer about to face its fate at a meat processing plant in Union Township, Mich., broke free and took authorities on a nearly mile-long chase. The Morning Sun of Mount Pleasant reports Monday that the steer had been sold last week and was trucked to the plant. The bonding animal found an unbolted door and, well, escaped. Authorities say they almost captured the steer hanging a right at a Burger King, but it again found freedom and crossed five lanes of traffic. (AP)

We wouldn't put a price on an elephant."

ANNIE GEORGE, SPOKESWOMAN FOR THE PITTSBURGH ZOO, WHICH IS WORKING TO ESTABLISH A NORTH AMERICAN ELEPHANT SPERM BANK. IF SUCCESSFUL, IT PLANS TO DISSEMINATE THE SPERM TO OTHER ZOOS FREE OF CHARGE.

STERY GOO

McKeldeon Had to Get Rid of Some Show Slime Somehow

Scientists have identified an orange-colored gunk that appeared along the shore of a remote Alaska village as millions of microscopic eggs filled with fatty droplets. The mystery is not quite solved. Officials with the National Oceanic and Atmospheric Administration said Monday they don't know what species the eggs are or whether they are toxic, and that worries many of the 374 residents of Kivalina, an Inupiat Eskimo community. (AP)

The Big Picture



SEARCH FOR MEANING: An Indian girl looks for reusable material amid idols of the Hindu goddess Dashama on the banks of the River Sabarmati in Ahmedabad, India, on Tuesday. The 10-day Dashama festival that culminates with the immersion of the idols ended Monday. (AP)

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Fed Plan Aids Market Rebound

Decision to prolong
low interest rates
helps big Dow rally

Washington

Federal Reserve guaranteed
lower interest rates for two
years Tuesday — an unprec-
edented step to arrest the alarm-
ing decline of the stock market and
the economy. Wall Street roared its
approval and finished a wild day
with a 429-point gain.

The rally was remarkably fast
as the Dow Jones industrial aver-
age was still down for the day with
less than an hour of trading to go
and enough to erase two-thirds
of its decline the day before.

The Fed set its target for inter-
est rates near zero in 2008 as a
response to the financial crisis that
began in 2007. Since then, it had said only that
rates would stay low for an “extend-
ed period.” On Tuesday, it guaran-
teed them until mid-2013.

But it was also a sign that the
Fed expects the economy to stay
weak for two more years, longer
than the Fed had indicated.



RICHARD DREW/AP

Meanwhile ...

Brokers on the New York Stock Exchange witnessed an unusually
volatile trading day Tuesday. The Dow finished up 429.92 points, or about 4
percent. It closed at 11,239.77. The Standard & Poor's 500 index finished up
4.7 percent, and the Nasdaq finished up 5.3 percent. The yield on the 10-year
Treasury bond briefly hit a record low, 2.03 percent. (AP)

Low interest rates for two more
years could make the stock mar-
ket a better bet because bonds will
return less money. That appeared
to be at least part of the reason
stocks rallied so much after invest-
ors had a chance to digest the Fed's
statement.

The stock rally came after two

and a half weeks of almost uninter-
rupted declines. Those were fueled
first by uncertainty about the fed-
eral debt ceiling, then by fears of
a second recession and about out-
of-control European debt.

When it came late Friday, the
downgrade only added anxiety. On
Monday, the first day of trading

Backstory

The Fed's decision Monday to
keep low interest rates in place was
approved on a 7-3 vote, with three
Fed regional bank presidents who
have been worried about inflation
objecting. It was the first time since
November 1992 that as many as
three Fed members have dissented
from a policy statement. (AP)

after it was announced, the Dow
fell 634 points.

The two-year time frame for
any rate increase underscored a
stark reality: A sluggish economy
and painfully high unemployment
have become chronic.

“The tone of the Fed's state-
ment is very downbeat. They are
very nervous about the economy,”
said Mark Zandi, chief economist at
Moody's Analytics. “This is unprec-
edented for the Fed to indicate they
are ready to keep rates low for two
more years.”

The Fed did hold out the prom-
ise of further help down the road
but did not spell out what else it
might do. (AP)

In Brief

SAN ANGELO, TEXAS

Life Sentence for Jeffs In Sexual Assault Case



Jeffs

A Texas court sen-
tenced polygamist
leader Warren Jeffs
to life in prison Tues-
day for sexually as-
saulting a minor he

took as a bride in what

his church deemed a
“spiritual marriage.” The head of the
Fundamentalist Church of Jesus Christ
of Latter Day Saints also received a 20-
year sentence for the sexual assault of
a 15-year-old girl. (AP)

WACO, TEXAS

AWOL Soldier Indicted In Fort Hood Attack Plot

A federal grand jury indicted an AWOL
soldier Tuesday on three charges in con-
nection with a plot to bomb Fort Hood
soldiers in Texas. Pfc. Naser Jason Abdo,
21, faces up to 10 years in prison on each
charge if convicted. (AP)

MADISON, WIS.

6 GOP State Senators Vie To Keep Seats in Recall

Six Wisconsin GOP senators fought to
keep their jobs in a recall election Tues-
day caused by the backlash against Gov.
Scott Walker's efforts to strip public em-
ployees of most union rights. The polls
closed after Express' deadline. (AP)



Gender Check: Boy or girl? A simple blood test in mothers-to-be can answer that with surprising accu-
racy at about seven weeks, research analysis published Wednesday found. The results suggest tests like those stud-
ied could be a breakthrough for women at risk of having babies with gender-specific diseases, who then could avoid
invasive procedures, the authors said. Conventional procedures can detect gender starting at about 10 weeks. (AP)



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Nation



President Obama is greeted upon his arrival at Dover Air Force Base on Tuesday.

Obama Performs Grim Duty in Del.

President privately honors troops killed in helicopter attack

Dover Air Force Base, Del.

Assuming the grimmest role of his office, President Obama on Tuesday privately honored fallen forces returning home from war, this time the troops killed in a helicopter attack that claimed more American lives than any other strike of the Afghanistan war.

After about a half-hour flight from Washington, Marine One touched down at the base. The president climbed into a limousine that took him to the two C-17 aircraft that arrived earlier in the day carrying the remains of the 30 Americans killed in Afghanistan.

The president boarded each plane to pay his respects to the fallen.

The White House said Obama then spent more than an hour

Return to Dover

An entrenched wartime president, Barack Obama has been here before. In the dark of an October morning in 2009, Obama watched solemnly as 18 Americans killed in the Afghan war came home, a visceral reminder of a war that has long slipped from the forefront of American debate. That trip to Dover left searing images of a president standing in salute on a cold tarmac in the dead of night. One family had allowed media coverage. But on Tuesday, the president was honoring the fallen out of the public eye. (AP)

meeting with 250 family members and service members gathered at the base, offering his condolences.

The Pentagon said there would be no media coverage, because the badly damaged remains from the horrific crash were mingled and still being identified. (AP)



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So Close Apple Can Taste It

Apple briefly surpassed Exxon Mobil on Tuesday afternoon as the nation's most valuable company. The iPhone and iPad maker had the lead for much of the afternoon before its stock closed just below Exxon's. The two companies are so close that Apple is likely to keep the top spot soon. (AP)

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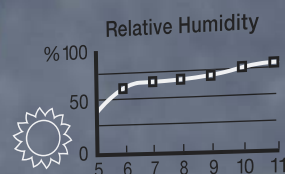
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Amount of time a foot touches
the ground per stride



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...momentum as many
...officials vacation

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...the European economy teeters
...the precipice, French President
...Nicolas Sarkozy is by the Mediter-
...anean in his swim trunks. His
...one minister is vacationing in
...Italy, and the European Union
...pretty much shut.

...Europeans have always trea-
...d their long summer vacations,
...that goes for their leaders as
... But some analysts say this has
...the Continent rudderless just
...n firm action is needed.

...Those government spokesmen
...can be reached say none of this
...makes any difference. Never mind
...questions have arisen about
...sustainability of debt loads in
...Italy and Spain — economies much
...easier and harder to rescue than
...use of the euro-using countries
...have already been bailed out:
...Greece, Ireland and Portugal.

...The mantra of the month for
...European spokespeople is "con-
...tact," as in my boss is in
...stant contact with others, even

On Hiatus In Europe

Economic crisis or not,
Europe and its leaders
are mostly holding on to
cherished vacations. (AP)



Spanish Prime Minister
**Jose Luis Rodriguez
Zapatero** shortened his
vacation to spend most of last
week in Madrid. Finance Minister
Elena Salgado canceled her
vacation to deal with the crisis.



French President
Nicolas Sarkozy is
not shortening his
Mediterranean trip, because he
doesn't want to panic the public,
according to news reports that
quoted a Sarkozy aide.



Italian lawmakers have
trimmed their vacation —
though that only means
returning Sept. 6, instead of Sept. 12.
The country's new justice minister,
Nitto Francesco Palma, took the
unusual step of issuing a press
release to say he was in his office.



British Prime Minister **David Cameron**
had been on vacation in Tuscany, but
he hurried back to London on Monday
to respond to rioting sweeping England. British
Chancellor George Osborne cut short a trip to
California, where he rode a log flume at Universal
Studios in Los Angeles and was due to address
Parliament on the financial crisis on Thursday.



**"It sends a
terrible signal to
the markets when
the governments
of Europe decamp
on their holidays
in the middle of a
crisis."**

— **DAVID MARSH**, THE AUTHOR OF "THE
EURO: THE BATTLE FOR THE NEW GLOBAL
CURRENCY," SPEAKING ABOUT THE
SEEMING LACK OF ACTIVE LEADERSHIP
IN EUROPE DUE TO AUGUST VACATIONS
DESPITE AN ONGOING ECONOMIC CRISIS.

if photos have appeared of him bik-
ing or climbing a mountain.

The issue has gained enough
traction that Britain's deputy prime
minister, Nick Clegg, mounted a
stern defense of his government.

"We are in constant contact with
each other, and we are working
effectively together as a team this
week, as we do every week of the
year," Clegg said Monday.

Not everyone buys the argument
that vacations make no difference in
a time of economic peril. In the last
few days, markets around the world

have been rocked, and experts say
the global economy risks a second
recession. Traders are worse than
jittery and, the argument goes, hav-
ing governments run on skeleton
staffing is not helping.

"August has been a sacrosanct
month in Europe for generations,
and government leaders always
take time in August for them-
selves," U.S. energy consulting
firm Cameron Hanover said in a
report Monday. "This year, that
stubborn insistence is hurting the
global economy." (AP)

In Brief

COLUMBIA, MO.

United Arab Emirates To Give Mo. School \$1M

The United Arab Emirates on Tuesday
pledged to give up to \$1 million to help
equip high school students in the tor-
nado-ravaged city of Joplin with laptop
computers for the coming school year.
The gift materialized after United Arab
Emirates officials read a news story in
late June about the school system's
struggles, officials said. After Hur-
ricane Katrina, the United Arab Emi-
rates donated \$100 million to U.S. relief
efforts. (AP)

SANTIAGO, CHILE

Education Protest Turns Violent in Chile's Streets

Violence broke out Tuesday in Chile's
capital as tens of thousands of students
led another protest demanding changes
in public education. Demonstrators in
Santiago set cars ablaze and looted
stores. Nearly 900 protesters were ar-
rested at a march last week. (AP)

Hearsay



**"We are not in
need of your help.
We are able to
combat and defeat
terrorism, and
achieve unity."**

— **MUQTADA AL-SADR**, A PROMINENT
ANTI-AMERICAN SHIITE CLERIC IN IRAQ,
IN A STATEMENT TUESDAY, CALLING ON
U.S. TROOPS TO LEAVE THE COUNTRY BY
THE DEC. 31 WITHDRAWAL DEADLINE OR
RISK MORE ATTACKS.

STICE

Smoke Alarm

...e status of a cigar in Arnold
...warzenegger's mouth at an Aus-
...n airport could decide wheth-
...e faces legal action, as smok-
...at airports is banned in Austria.
...anti-smoking lobby said Tues-
...it plans to sue the former Cali-
...nia governor for puffing on a sto-
...in June at Salzburg Airport. But
...officials suggest the affair will go up
...smoke, as an airport spokesman
...d the cigar was not lit. (AP)



Libya's Rebel Leadership Struggles to Find Order

Benghazi, Libya

The Libyan rebel leadership is
showing signs of strain and dis-
array six months into its fight to
oust Moammar Gadhafi.

Tensions spurred the leaders to
sack their Cabinet late Monday and
on Tuesday ordered the movement's
armed factions to integrate in hopes
of imposing some order.

The revolt began in mid-Febru-
ary, with the rebels quickly wrest-
ling control of much of the eastern

Meanwhile ...

The rebel government in Libya
on Monday dismissed its 15-member
cabinet in the wake of the killing of
military leader Abdel-Fattah Younis,
who was slain July 28, after he was
ordered to face questioning about
his handling of the war effort. Last
month, the U.S. recognized the Na-
tional Transitional Council and its
ministers as Libya's sole legitimate
government. (THE WASHINGTON POST)

half of the country. But the rebels
have failed to budge the front lines
in the east since April, and have
made only minor gains from the
pockets they control in the west.
Gadhafi continues to control the
rest of the west from Tripoli, despite
continued NATO airstrikes.

Wary of slipping support, the
National Transitional Council is
moving to restore public confi-
dence and reassert authority. If it
succeeds, it may mean a quicker
advance to toppling Gadhafi. (AP)

800 The amount, in metric tons, of high-energy biscuits that the World Food Program is sending to the
Horn of Africa for delivery to starving refugees in Somalia, the U.N. food agency said Tuesday. The series of nine air-
lifts will be enough to feed 1.6 million people for a day. The region is gripped by a devastating famine. (AP)

World

Turkey Pressures Syria to Cease Crackdown

trut

President Bashar Assad discussed "concrete steps" to end the violent crackdown on protesters during hours of talks Tuesday with Turkey's foreign minister, even as Syrian military unleashed an assault on dissent that activists said killed more than 20 people.

Foreign Minister Ahmet Davutoglu said the talks were cordial but did not say what specific steps they discussed or whether Assad agreed to consider them.

"We discussed ways to prevent confrontation between the army and the people, and tensions like those in Hama," Davutoglu said, referring to the Syrian city that has become a flashpoint in the 18-month-old uprising against Assad's autocratic rule.

Syria's state-run news agency reported Assad told Davutoglu the government will relentlessly pursue "terrorist groups," which Syrian officials blame for the unrest.

SANA said Assad also pledged to press ahead with reforms. But

Backstory

Turkey has become increasingly critical of its neighbor over the crackdown that has sent Syrian refugees streaming across its border, straining Syria's relationship with Ankara. As of Tuesday, there were 7,258 Syrians living in Turkish refugee camps. Human rights groups on Tuesday urged the U.N. Security Council to escalate pressure on Syria, a day ahead of a U.N. Security Council debate at which Secretary General Ban Ki-moon is set to deliver a report on Syria. (AP)

such promises have rung hollow, especially as they have been coupled with a campaign that rights groups say has killed about 1,700 people since March.

Diplomatic pressure has done little so far to stop Syria's regime, a close ally of Iran that is used to international isolation. But Davutoglu's visit was a significant message because Turkey until recently had close ties to Damascus. (AP)

Quiet Remembrance in Nagasaki



PEOPLE REFLECT AT A MEMORIAL Tuesday for the victims of the atomic bombing in Nagasaki, Japan, marking the 66th anniversary of the nuclear attack, which killed 80,000 people and led Japan to surrender in World War II.

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express

Cover Story

No Easy Answers in England

staggering
ave of violence
poses a deep
ltural divide

London

ockets of London went into lock-
n Tuesday, with shops shutter-
a surge of 16,000 police taking
the streets and helicopters buzz-
overhead as a stunned Britain
an running the calculus of the
st civil disturbances to rock this
on in a generation.

With London jails filled to capac-
and fresh acts of violence erupt-
in Manchester and Birming-
n, the government faced the
llenge of maintaining law and
er in a country where the sense
ecurity had suddenly shattered.
er a glorious spring that saw a
al wedding celebrate all things
ish, the riots piled on to a sum-

**They tore out
the ceiling. They
broke up the floor.
They ripped out
the shelves. I don't
understand such
ate."**

SIVAHARAN KANBIAH, WHOSE CON-
VENIENCE STORE WAS RANSACKED IN
HACKNEY, ENGLAND.

of discontent plagued by phone
aking scandals, painful austerity
stock market drops.

At the same time, the trail of
struction after three nights of
o rule in sectors of the capi-
and other British cities left the
on confronting an overarch-
question: Why?

On a street corner in Hackney,
re Monday's riots began, Siva-
an Kanbiah, a 39-year-old Sri
kan immigrant, stood shell-
cked outside his ransacked con-



AP PHOTO/ANTHONY DEVLIN-PA

An employee talks on a cell phone from behind the smashed windows of a looted hair salon in Ealing, west London, on Tuesday.

Crowds

Flash-Mob Mentality

Flash mobs started off in 2003 as peaceful and often humorous acts of public performance, such as mass dance routines or street pillow fights. But in recent years, the term has taken a darker twist as criminals exploit the anonymity of crowds, using social networks such as Twitter and Facebook to coordinate everything from robberies to fights to general chaos. As a result, the National Retail Federation issued a report last week recommending steps stores can take to ward off the robberies. There have even been legislative efforts to criminalize flash mobs. But flash mobs aren't all bad: The morning after devastating riots swept across London, hundreds gathered in Twitter-organized crews to sweep up broken glass, clean vandalized buildings and show the world that their city is about more than mindless destruction. (AP)



PAUL ELLIS/AP/GETTY IMAGES

Locals display their brooms on Tuesday as they prepare to clear debris off the streets in south London after a third night of unrest there.

venience store as some residents packed bags and fled in fear. "You work all your life, and in one night, they come and destroy it," he said.

"I have a wife, two children and a mother to support. Now I have no way to do it. They took my life, and I can't replace it. We'll be turned out on the street. I want to know why. Why?"

But there were no easy answers. Triggered by the fatal police shooting of a black resident of North London last week, that could not alone explain — almost all agreed — the multiracial rampage of burning and looting across the sprawling capital.

Some saw a culprit in growing inequality, poor police relations with minorities and especially the Conservative-led government's austerity drive that was robbing disenfranchised youths of educational subsidies and youth centers even as the economy teetered on the verge of recession. In London, a handful of people talked of a lack of respect for the young and the poor, raging against an increasingly affluent city that had left them behind.

"This did not come from

Olympic Planning

As the capital reeled from three days of rioting and looting, Olympic organizers defended security planning for the London games and pressed ahead Tuesday with a series of sports events and key meetings to prepare for hosting the world's biggest festival a year from now. A women's beach volleyball tournament began, albeit truncated, as scheduled at Horse Guards Parade, with players in bikinis competing on a specially made sand court a short distance from Prime Minister David Cameron's residence.

Meanwhile, England's soccer exhibition against the Netherlands on Wednesday at Wembley Stadium — another Olympic venue — was called off to free up police for riot duty. (AP)

nowhere," said Dian Abbott, a Labor Party lawmaker from Hackney. "You have kids wondering if their mum will have job. It's not all about race. But it is about rich and poor."

Yet the vast majority of the austerity measures — which the government would now face new challenges in seeing through — have yet to come into effect, leading some to question whether they truly played a role. And just as many blamed a weak police response and a breakdown of family values years in the making for giving rise to a class of directionless youth.

Whatever the reason, the riots exposed a desperate youth culture buried inside society here, linked to one another as never before through BlackBerry messenger and social networking sites such as Twitter.

In one BlackBerry message circulating around London on Monday, for instance, a rioter called others to arms in the famous shopping district of Oxford Circus: "Everyone run wild, all of London and others are invited! Pure terror and havoc & Free stuff."

ANTHONY FAIOLA (THE WASHINGTON POST)

In Brief

DERICK, MD.

Woman Goes Missing
Aruba, Man Detained

A Frederick County woman is missing in Aruba, and police there have detained an American for questioning in the case, according to Aruba authorities. A missing persons organization. Lyn Gardner, 35, was last seen a week ago, Aug. 2, at the Renaissance Aruba Resort & Casino in Oranjestad, Aruba. On Friday, four days after Gardner was reported missing, authorities there detained another tourist at the resort, according to Aruba police. (WASHINGTON POST)

NAPOLIS, MD.

Treasurer: State's S&P
Credit Rating Unchanged

Maryland's treasurer says Standard & Poor's Ratings Services isn't downgrading the state's triple-A credit rating. The treasurer's office said Tuesday that an analyst at the rating agency has said it isn't taking action on Maryland's top rating. That's after the rating agency upgraded the federal government's rating to AA-plus late last week. (AP)

e Lotteries

Friday, August 9

District

Day Lucky Numbers 8-5-3
 Day Lucky Numbers (Mon.) 1-0-0
 Day DC 4 0-4-0-8
 Day DC 4 (Mon.) 0-5-5-8
 Day D.C. Five 9-9-5-7-5
 Day D.C. Five (Mon.) 9-7-6-5-2

Maryland

Day Pick 3 4-9-7
 Day Pick 3 (Mon.) 5-7-8
 Day Pick 4 5-1-0-1
 Day Pick 4 (Mon.) 5-5-7-5
 Day Pick 5 (Mon.) 11-13-18-19-24 (23)

Virginia

Day Pick 3 5-6-1
 Day Pick 3 (Mon.) 9-6-7
 Day Pick 4 6-1-9-9
 Day Pick 4 (Mon.) 2-7-3-5
 Day Cash 5 (Tues.) 1-3-8-14-24
 Day Cash 5 (Mon.) 5-8-19-23-28

Winning numbers are official only when validated at claims location. Drawings that occur after 10 p.m. deadline will be published two days later.

Police Escorts Lead to Shakeup

Officer says defense of celebrity safety cost him command

Washington

A high-ranking D.C. police official who publicly sparred with Chief Cathy L. Lanier over celebrity escorts during a city council hearing in June has been relieved of command responsibilities, Lanier said Tuesday.

Lanier made the decision regarding then-Cmdr. Hilton Burton, based on "a review of command decisions, including several critical incidents, and a recommendation from [his] supervis-

ing Assistant Chief," she said in a press release.

Assistant Chief Lamar D. Greene, who was Burton's supervising chief, did not immediately return a call seeking comment.

Burton had been head of the department's special operations division since May 2010. Officers from the division gave actor Charlie Sheen a controversial high-speed escort from Dulles International Airport to a performance at DAR Constitution Hall in April.

During the four-hour council hearing in June, Burton and Lanier disagreed regarding police escorts. Burton said it had been common practice to escort celebrities for at least the past nine years and



Charlie Sheen talked with the media at DAR Constitution Hall on April 19.

he shared a list of 47 trips. That period would have included some of the time in which Lanier head-

ed that division.

Lanier said that while police have escorted dignitaries and some sports teams for public safety reasons, it was not policy to escort celebrities. During the hearing, she presented copies of some requests that had been rejected during her tenure and said it was clear policy not to squire celebrities who were in town.

Burton said in a Tuesday interview that he believed his demotion was retaliation for his appearance before the council.

Lanier's release did not specify the incidents in question. She did not provide specifics about the demotion during a Tuesday press conference. (THE WASHINGTON POST)

Meet and Greet at D.C. Job Fair



AMINA ADAM, 2, OF D.C., shakes the hand of the Geico lizard at the company's booth during the 14th annual job fair at the Walter E. Washington Convention Center. Amina was there with her mom, Tanesia Wheeler, left, who was looking for a job. The event was hosted by Delegate Eleanor Holmes Norton and featured more than 100 vendors looking for potential workers.

Fairfax Plans
Varied Attack
To Control Deer

Annandale, Va.

Fairfax County is planning to use a variety of methods this season to control its deer population.

Shotgun and muzzleloader hunters can apply for a lottery spot in a series of managed hunts. Archers can apply in a similar lottery.

And police SWAT teams participate in a special sharpshooting program.

The deer management programs begin next month, and public meetings offering information for the archery hunts began Tuesday evening in Annandale.

Last year's program harvested 815 deer, the most since the program began in 1998. The archery hunt was responsible for a majority of the harvest. (AP)



Watch Your Head: Officials in the District of Columbia are looking to give away 500 bike helmets to riders who use the Capital Bikeshare program. District officials are in the process of ordering the helmets, which will be given out to Bikeshare members at bike events in the fall. City law doesn't require riders over the age of 16 to wear helmets, but DDOT spokesman John Lisle says the city wants to encourage their use. (AP)



Next Phase of Bus Stations

I was happy to learn that there will be intercity bus service integrated into Union Station in the immediate future. There are plans to also integrate intercity bus service into the Silver Spring Transit Center that is currently under construction?

The Silver Spring Transit Center is under construction next to the Silver Spring Metro station. It has been designed to accommodate intercity buses, and I believe it will, once it is finally done. The logic of using Union Station as an intercity bus station applies to the new Silver Spring Transit Center as well.

Gridlock offers commuter counseling online at washingtonpost.com.

Q I wonder if you would ask Richard Sarles to take a full seven-day week and use only Metrobus to get around — to commute to work, do grocery shopping, get to his medical appointments, visit friends — and report on his experiences in *The Post*. This period should include a Sunday, when bus service is very limited.

Metro GM Richard Sarles has four decades of experience in the transit business — bus and rail — so I doubt he needs a newspaper columnist to tell him how to assess his bus system. I know he knows about the problems of bus bunching and the inaccuracies of NextBus.

Q Will the Union Station consolidated facility use the existing level for buses, or lose parking spaces? As a frequent Amtrak rider, losing parking spaces at Union Station would be a real pain.

The garage's bus deck is going to be reconfigured to accommodate the intercity buses, without hurting the tour bus services you see there now. I totally agree it would be bad to reduce the car parking in the garage, and nothing I've heard about the bus project suggests that will happen. Rather, I think this is going to make it easier for many people to make connections with the buses via Amtrak, Metrorail, Metrobus, DC Circulator, taxi and car.

Q Why does Metro not use the working escalators properly? In the morning, the Farragut North K Street escalators (all three working) are two up and one down. This makes sense as more people are exiting versus entering. But in the afternoon, it is still two up and one down. This makes no sense as more people are entering the station. I know, I shouldn't complain, as we have three working escalators, but why doesn't Metro use them in logical directions?

Several reasons I can think of. One is that somebody made a mistake and forgot to change the direction. At some stations — I'm not sure about Farragut North — station managers are reluctant to switch the escalators because they correctly fear it will break the fragile machinery.

New DASH Service in Alexandria

Alexandria

Alexandria began providing express DASH bus service from the King Street Metro station to the Mark Center Monday.

Federal employees working at the Mark Center can ride DASH for free throughout the city with their government transit benefit.

DASH employees are stationed at the Metro stop and at the Mark Center to assist Defense Department employees with the express service. (THE WASHINGTON POST)

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Culture Shock

New football coach wastes little time installing his brand of discipline to help bring the ACC title back to College Park



Maryland football coach Randy Edsall held his first open practice of fall camp on Tuesday. Despite his extreme confidence, media members are predicting the Terps will finish near the bottom of the ACC's Atlantic Division.

Terps Football

Randy Edsall has set limits on players' facial hair and stripped their surnames from the backs of jerseys. He confined academically borderline players to study hall during spring practices, and banned earrings and baseball caps.

Maryland's football team has undergone a number of cosmetic changes since Edsall was named coach in January. More changes are on

"To me, if it's wrong to tell someone to make sure they don't have their hat on in the building, I guess I was raised the wrong way."

— RANDY EDSALL

the horizon, with the expected construction of an indoor practice facility and installation of a new playing surface at Byrd Stadium in the coming years. But the most dramatic development has been the culture change that has swept through the Gossett Team House.

While there is no guarantee Edsall will have the same success he enjoyed at Connecticut, which he led to the Fiesta Bowl last season, this much is certain as Maryland opened fall camp Tuesday: The 52-year-old former Syracuse quarterback has established himself as a disciplinarian who is supremely confident in his ability to deliver Maryland its first ACC championship since 2001.

"He has definitely put his stamp down,"

said Danny O'Brien, Maryland's starting quarterback. "The culture is a lot different."

O'Brien described Edsall as possessing a "kind of military style in the way he executes things," and for players, "it is do right, or that's the only option. I think it has been good on us, to be honest. I think we needed it."

O'Brien said the adjustment to Edsall was made easier because the team was already composed of good character players who abided by rules under Ralph Friedgen, who was fired from his alma mater after last season.

Edsall inherits a roster that returns several key players from the team that went 9-4 in 2010 with a Military Bowl victory over East Carolina. But outside expectations have been lukewarm; ACC media members picked Maryland to finish fifth out of six teams in the Atlantic Division.

Edsall said he pays no mind to preseason predictions. He also said he is not interested in winning a "popularity contest" in pleasing Maryland fans as he attempts to build a new foundation for the university's football program.

Not Allowed

Among the much-publicized changes that Edsall has instituted:

- ▶ No earrings.
- ▶ No hats in the building.
- ▶ Only neatly trimmed facial hair will suffice.
- ▶ He overhauled the uniforms and helmet, putting the emphasis on Maryland instead of Terps, and removed the names from the back.
- ▶ The Terrapins will even be using a new football, the Under Armour 695. (TWP/AP)



Sitting in his office late last month, Edsall, who had a 74-70 record at U-Conn, turned away from his window view of the football field and said: "The only thing I can tell you is that everything I have ever done I have been successful at. Every stop along the way, as an assistant and as a head coach, we have been successful. That is not by accident."

ERIC PRISBELL (THE WASHINGTON POST)

Schoolwork

It's Academic Under Edsall

When he arrived at Maryland, Randy Edsall was "a little bit shocked" with where the program was from an academic standpoint. Maryland lost three scholarships because the team under Ralph Friedgen had a subpar score under the NCAA's Academic Progress Rate system, which measures a team's ability to retain eligible players from semester to semester. Knowing the players needed to perform better in the classroom, Edsall had some sit out spring practice to spend extra time in study hall. Edsall said that 65 percent of the team earned a 2.5 GPA or better in the spring semester. And this season Maryland will be limited to 17.5 hours per week of athletically related activities as a self-imposed penalty for exceeding the 20-hour-per-week limit last season. (TWP)



Swengali

Nats Are Playing A Dangerous Game

The best news out of Stephen Strasburg's first action since undergoing Tommy John surgery isn't that his fastball hit the 90s on the radar gun.

Nor is it that he struck out four batters in less than two innings, and it certainly isn't that he gave up — gasp!



By Matt Swenson

— a home run. And, no, it isn't even that the pitching phenom is in the best shape of his life and that his delivery feels better than it ever did.

Nope — the best news out of Sunday's

game in Hagerstown is that Strasburg's arm didn't fall off, nothing snapped, and he'll live to pitch another day.

Washington is absolutely playing it a bit risky with its most prized possession.

The best news out of Sunday's game in Hagerstown is that Strasburg's arm didn't fall off.

Less than a year after a major surgery, he was on the mound. The hope is Strasburg will return to the big leagues in September.

Some have even said the Nats are being a bit reckless, arguing that it's foolhardy to rush such a promising player back.

The thing is, though, Strasburg is a baseball player. That means he actually has to play.

At some point, that right elbow was going to need to be tested. Given the success in bringing Jordan Zimmermann back from the same injury, following the same path makes sense.

The Nats are right to bring Strasburg back as soon as possible. They, just like the rest of us, will have to hold their breath.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Bowen Carries a Heavy Burden

Death of newborn weighs heavily on new Redskin's mind

The Redskins

When Bowen is trying to adjust to a new team, learn a thick new playbook and figure out a new life in a new city as a free agent defensive end signed by the Redskins. Those are truly mundane facts compared to the burden that constantly weighs on Bowen's mind. On June 28, Bowen and his wife, Tiffany, became the parents of twins, Skyler and Stephen III. They were born extremely prematurely, but four months early.

Skyler died 10 days later on July 8. Stephen III remains in a hospital in Dallas. Tiffany Bowen and the Bowens' 21-month-old daughter, Trinity, have stayed behind in a city where Bowen played for seasons with the Cowboys. "Things are a lot better," Bowen said this week in an interview with the Associated Press. "It's still hard. I still think about the son almost every day. He was just an inspiration for us."

Bowen said the twins were born



RICKY CARLOTT/TWP

Stephen Bowen said practice with the Redskins takes his mind off his child's death.

"While he was here, he was fighting every day to try to be here for us."

— REDSKINS DL STEPHEN BOWEN, ON HIS LATE SON SKYLAR, WHO DIED 10 DAYS AFTER BEING BORN EXTREMELY PREMATURELY ON JULY 8.

at 24 weeks, "micro preemies" considered at the cusp of the age of viability for premature babies.

Micro preemies generally weigh a little more than a pound and face long-term stays in intensive care. A photo of Stephen III on Tiffany's Facebook page shows the tiny baby wrapped in a small white blanket in the hospital, looking no bigger than the gloved adult hand gently holding him.

Bowen understandably did not want to go into the details of his son's condition, but he is starting to see some light at the end of the tunnel. When Stephen III is released

Meanwhile ...

Although his groin injury kept him sidelined for a second-straight day, Redskins QB John Beck isn't yet in danger of falling behind in his competition with Rex Grossman for the starting job, coach Mike Shanahan said. Beck went through seven-on-seven drills and walk-through portions of practice but was held out of 11-on-11 action again. Shanahan listed Grossman as first on the official depth chart but said that Beck need only concern himself with getting healthy. (THE WASHINGTON POST)

from the hospital — perhaps as early as next month — the family will move to Washington.

Known for his wide smile and quick sense of humor in Dallas, Bowen said the long, busy days of training camp help occupy his mind. Bowen made coach Mike Shanahan aware of the situation after signing a five-year, \$27.5 million contract two weeks ago.

"I don't think you can know how he feels unless you've been in his shoes," the coach said. "Words can't express what he and his family are feeling." JOSEPH WHITE (AP)

In Brief

COLLEGE FOOTBALL

Paterno Out of Hospital After Big Hit at Practice

Joe Paterno has been released from the hospital, two days after getting blindsided at a Penn State practice by a player and injuring his right shoulder and pelvis. The school said in a statement the 84-year-old coach was looking forward to returning to practice Wednesday. (AP)

COLLEGE FOOTBALL

Sooners' Top Defender Breaks Foot, Out 2 Months

Oklahoma defensive captain and leading tackler Travis Lewis will miss up to eight weeks with a broken bone in his left foot, leaving the Sooners without one of their best defensive players for a few crucial early season games. (AP)

PRO FOOTBALL

Haynesworth Out Again

New England Patriots coach Bill Belichick offered only a glimmer of an update about former Redskin Albert Haynesworth, who was not on the field on Tuesday, according to the Boston Globe, and hasn't practiced since Friday. "I think I'd put him in the day-to-day category," Belichick said. "He's getting some treatment." (TWP)

TV Lineup

BASEBALL (8 P.M., MASN)

Nats take on the Cubs after the game of the series was rained out Monday.

BASEBALL (9 P.M., ESPN2)

Jürgen Schmidt makes his debut as the national team coach during an exhibition against Mexico in Philadelphia.

BASEBALL (7 P.M., ESPN)

New York Yankees host the Los Angeles Angels.

BASEBALL (11 A.M. TO 7 P.M., ESPN2)

Regional semifinal action on the road to Williamsport.

BASEBALL (3 P.M., TGC)

The U.S. women's national team championship tees off in Williamsport, R.I.

Nyad's Dream of Swimming Florida Straits Dashed

Swimming

Disappointed marathon swimmer Diana Nyad gave up on any more attempts to cross from Cuba to Florida after ending her second bid mid-channel Tuesday because of wind, currents and health problems.

The 61-year-old left Cuba on Sunday but said asthma and shoulder pain caused her to end her second try in 33 years to swim the Florida Straits. "This was such a dream. For two years, I pictured myself walking



ROB ONEAL/FLORIDA KEYS NEWS BUREAU/AP

Diana Nyad cries when discussing her failed try to swim from Cuba to Florida.

up on that shore, and I wanted that moment badly," Nyad said.

Doctors used inhalers and various medicines to try to open up her lungs as she was swimming, but she "was so depleted of oxygen and I was limping along."

As the water turned choppy and her condition worsened, Nyad said she vowed to doggy paddle her way to the finish line if that's what it took. But by midnight, she was trembling and spent from the asthma attacks. (AP)

\$21.7M

The amount that Jim Tressel earned in his decade-long tenure as Ohio State's football coach, records from the publicly funded school show. Tressel earned more than \$3.5 million in 2010, the year he covered up an improper benefits scandal that led to his resignation. (AP)

Hearsay

"Steve was ... delighted to win, as was I. And, you know, he was speaking with a bit of emotion."

— ADAM SCOTT, ON CADDIE STEVE WILLIAMS' CALLING SCOTT'S WIN LAST WEEK HIS BEST EVER IN AN APPARENT SHOT AT TIGER WOODS, WHO FINISHED 18 STROKES BEHIND SCOTT IN WOODS' FIRST EVENT SINCE FIRING WILLIAMS.

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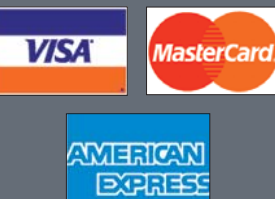
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Bridging the gap between cultures

Learning a new language helps students expand horizons, report **Li Xing** and **Tan Yingzi** in Washington.

Discussions about where to go and which route to take were quite lively recently in a class at Phelps High School in Washington. Grouped in pairs, the 16 students painted at different spots on a map and talked about going to a restaurant, a library or a park. The topics seemed easy, but discussing them was not. In this Chinese class, expanded for a press kit, the students had to fumble for the right vocabulary, sounds and meanings.

"Ni qu tu shu guan gan shen?" (What are you going to do in the library?) B. Rose Hansen, their Chinese language teacher, asked the student.

He paused, then answered. "Kan shu (Read a book)."

Sometimes a pair started in English and turned to Chinese once they felt more comfortable with the sentences they needed to practice.

Phelps High School added Chinese three years ago to its curriculum of academic courses and vocational training in carpentry, plumbing, electrical and civil engineering, interior and architectural design.

Three students from Phelps High are now in Beijing, immersing themselves with dozens of other American high school students in the Chinese language for six weeks. Before she left for Beijing, Chanel Sartre, 16, said she wanted to find out how China is different from the United States.

Ready to travel

Sartre is likely to rub shoulders with other American students who are traveling in China under other programs.

George Mason University alone will take about 120 students, from high school to university postgraduates, in different programs. Among them, 15 high school students from Virginia, West Virginia and the District of Columbia just spent two weeks under the Chinese Bridge program, according to Lucia Sedwick Claster, deputy director of the Confucius Institute at George Mason.

Bridge is a two-week intensive Mandarin language and Chinese culture training program for high school students. It is organized by Hanban, the Office of Chinese Language Council International in China.

Between July 25 and August 1, 23 students from Howard University spent a week in China, visiting several university campuses in Beijing and discussing youth leadership with their Chinese peers at Peking University.

"I am interested in the unique culture of China - and we will take tai chi lessons," Howard sophomore Dominique Perkins said in June before the trip.

Educators are traveling to China, too. Claster led a group of nine from Virginia and DC on a 10-day trip in late July.

'100,000 Strong'

These and similar projects at many other US campuses go beyond helping fulfill US President Barack Obama's call two years ago

to send 100,000 American students to China over four years.

Called the "100,000 Strong" initiative, it "seeks to prepare the next generation of American experts on China who will be charged with managing the growing political, economic and cultural ties between the United States and China," according to a news release by the US State Department.

Whenever "100,000 Strong" is discussed, officials from the State Department and schools often cite Obama's comments that far fewer Americans study in China than Chinese in the United States. These days, the numbers are about 20,000 versus more than 127,000.

"Many citizens of China have a strong knowledge of the English language and American culture, but in the US, there are many fewer citizens with a strong knowledge of the Chinese language, history and culture," Michael A. Johnson, the principal of Phelps High, told China Daily.

China is important because it is "a major economic and cultural power in our world, and it is our belief that China is playing, and will continue to play, a major influential role in shaping the future path of our global community," Johnson said.

"Our students must gain a better knowledge of Chinese language and culture so that there can be better opportunities for communication between our two countries and the people who live in these two great nations."

'Intermingling cultures'

Even with crowded class schedules, Phelps High requires students not only to take a world language, such as Spanish or Chinese, but also insists that they do so for three or four years, instead of the two years required by the local public school system.

"We want the students to have total concept and awareness of China, not just language, but culture,"



Delmar Evans-Thomas (left), a 10th grade engineering major, and [unintelligible] Washington. Sartre is in Beijing on a six-week program of language and culture which is funded by the US State Department.

Johnson said. "In this sense we see our study of Chinese language and culture as part of our patriotic responsibility to help our nation to catch up with China in foreign language studies."

He hopes to prepare his students for careers that require not only their skills as architects and engineers but also their dual language ability.

Gaining knowledge about China and learning the language are not only about the numbers, but also "a national effort designed to increase dramatically the number, and diversify the composition, of American students studying in China," the US State Department release said.

With the initiative, American schools and universities, especially those with more minority students, hope to extend their international reach and increase the students' global perspective.

In meeting with the press, Dr. Sidney A. Ribeau, president of DC-based Howard University, cited a 2008 study showing that among American students in overseas

study programs, only 10 percent were minority students. Americans accounted for 1 percent. The 2009 Open Doors report by the Institute of Education in the US shows that of the 260,320 students studying abroad, only 10,000 were black.

Howard, a historically black university, is committed to bridging the divide, Ribeau said. In the school's summer session, that higher education prepares students to deal with the complexities in the world by "the growing intermingling of cultures, and the profound awareness and misunderstanding that characterize many international relationships".

New perspectives

Andrea Corey, managing officer in the State Department's Foreign Press Center, said Chinese and other foreign languages "changes the way you see the world."

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\$960**

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Lookout

Speaker Of the Blouse



VOGUE PARIS

Too, Too, Too Soon

ety tries to shield children from violence. We wouldn't show "Inglourious Basterds" to tweens. But with lines blur and critics spar. The cent can pass for alluring, and each Vogue proved this sad fact. In cent issue, 10-year-old model The Blondeau wears 5-inch heels, slinky dresses and a sultry pout so sensual it rivals Angelina's. She looks like pure sex, yet she still looks 10.

Some critics defend the photos, blaming the audience for seeing "S-E-X" in shots of d-lipped child lying on a tiger pelt her Louboutins and rear in the. They claim the photos are merely suggestive.

ut would the fashion world tolerate spread that features child soldiers? Young boys holding machetes Louis Vuitton holsters parading through the Louvre? Or children armed with AK-47s in former French colonies now struggling with their revolutions?

child brides are no less tragic than soldiers, and glamorizing either wrong. The fashion world has long seen sexual fetish under the guise of art, but sexualizing prepubescent is always horrific — whether in Vogue or in a Calcutta brothel.

Comments? Give Katherine your feedback: expressnightout.com/speaker



HEAR 'YE HEAR JAY



EXPRESS PHOTOILLUSTRATION

Album Review

In Sunday's fading minutes, hip-hop America huddled around the digital watercooler for the iTunes release of "Watch the Throne," a galactically hyped collaboration that Jay-Z and Kanye West somehow kept from leaking to the masses.

The clock struck midnight like a starter pistol. As fans raced toward an opinion, Twitter didn't sleep. "Watch the Throne" was a bitter disappointment! An instant classic! A bitter disappointment, but only if



Watch the Throne

Kanye West & Jay-Z

you were expecting an instant classic — otherwise, pretty good!

But flowing beneath that miasma of reflexive haterade and compulsory adulation was a triumphal subtext. Two superstar rappers had everyone in a splintered popscape talking about the same thing. At once. But "Watch the Throne" feels like a much more meaningful triumph.

It's also a relief.

Those expecting a disastrous

Two rap kings join forces to issue a warning to any who dare challenge their reign: 'Watch the Throne'

Funny People

The Court Jester

On NBC's "Parks and Recreation,"

Aziz Ansari plays would-be playboy Tom Haverford, who tries to bring the high-end, luxury lifestyles that Kanye West and Jay-Z preach to Pawnee, Ind. In real life, Ansari is actually pals with the two rappers and was in the studio while they recorded "Watch the Throne."

"I just sit in the corner and stay quiet and every now and then say something to make them laugh," he told Entertainment Weekly of the experience. "It's two guys who are so far ahead of everybody coming together and aggressively trying to make something amazing. And they did it." (EXPRESS)



Those expecting a disastrous ego clash will have to wait for Congress to reconvene — or until Jay-Z and West hit the road together this autumn.

ego clash will have to wait for Congress to reconvene — or until Jay-Z and West hit the road together this autumn. Here, the duo volley between the contemplative and the petulant, dreaming contorted American dreams where your worth is defined by your Rolex, your tenacity, your Warhol collection, your desire, the cars in your garage and the chips on your shoulder. Over the course of 16 tracks, rebellion is consistently tempered with gluttony — the two dissonant spirits that make this country great.

West is at his most engrossing with "New Day," as he and

Jay-Z deliver preemptive apologies to the unborn glimmers in their eyes. "I'll never let my son have an ego," West rhymes. "He'll be nice to everyone wherever we go/I mean, I might even make him be Republican/So everybody know he love white people."

On "Murder to Excellence," Jay-Z aims to inspire: "Power to the people/When you see me, see you."

Impossible. Jay-Z's most diamond-encrusted verses might give us the guts to fantasize beyond our means, but most of us will never touch that kind of wealth. Meantime, West continues to invest in the power of ego — something a recession can never take away. Because of that, "Watch the Throne" is his album.

Only, it's really our album. It might be a summer blockbuster designed to make us bow before two rap demigods, but after just a few spins, "Watch the Throne" asks us to question our own desires — spiritual and material.

Instead of watching the throne, we end up gazing deep into our own navels. CHRIS RICHARDS (TWP)

● Verizon Center, 601 F St. NW; Nov. 3, 7:30 p.m.; \$59.50-\$250; 202-397-7328. (Gallery Place)

top
stops


1 File Under 'Vile'

When people describe Kurt Vile, big names get tossed around — Springsteen stoned, Dylan hallucinating — but we were hoping there was a connection to German composer Kurt Weill (who wrote "The Threepenny Opera") until we found out that Kurt Vile is the guy's actual birth name. And now you have an awesome fact to share at parties.

Rock and Roll Hotel, 1353 H St. NE; 6 p.m., \$16-\$18; 202-388-7625, Rockandrollhoteldc.com.

2 Can These Waves Go Any Faster?

Because we have to recommend at least one surf-rock band to you every week, go see Bake Sale, a band that seems to take its inspiration from decidedly East Coast beaches — West Coast surf rock is lazier, calmer — but Bake Sale always seems eager to get where it's going, musically. **DC9, 1940 9th St. NW; 9 p.m., \$8; 202-483-5000, Dcnine.com. (U St.-Cardozo)**

3 Roar If You Want To



The dance rock of the B-52s (they wrote "Love Shack," in case you'd like to call and ask for a personal apology) is best enjoyed outdoors during the summertime — it's joyous, bouncy music that makes cramped, dark clubs feel like rave prison. So the band was a good choice for Rock 'n' Roar, a concert fundraiser for the zoo. **National Zoo, 3001 Connecticut Ave. NW; 6 p.m., \$65; 202-633-4800, Nationalzoo.si.edu. (Woodley Park)**



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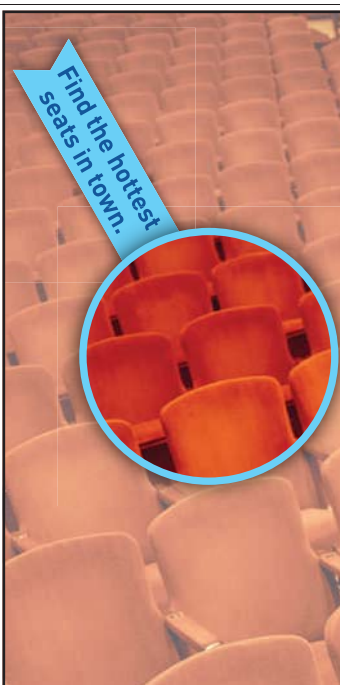
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The War for Late Night

Conan's ratings lag despite attempts to broaden its audience

TV Shows

Whatever happened to Conan O'Brien? The move to cable television was supposed to liberate him, but too often, he still acts like he's on NBC. Or still wants to be.

Look at tonight's "Conan." His guest is Aziz Ansari from *Nights & Recreation*. So Conan is doing the dutiful thing, hyping an act on his show. His second guest is Mike Sorrentino, better known as "the Situation" from "Jersey Shore."

Now, "Jersey Shore" is a popular cable show, and some folks at "Conan" may believe that one cable show's ratings could rub off on their own. But Sorrentino was on Leno's "Tonight Show" just last night. And Sorrentino's "Shore" mate Nicole Polizzi is on NBC's "Late Night with Jimmy Fallon" tonight.

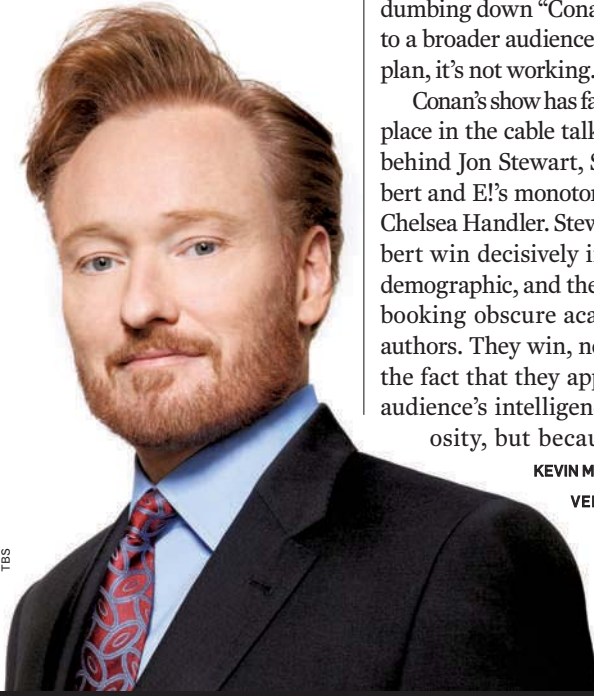
At very best, this looks like Conan is picking through Jay's leftovers and turning "Conan" into a minor league version of an NBC talk show.

But the real question is: Why is Conan interviewing Sorrentino in

the first place? Conan — a veteran writer for "The Simpsons," a graduate of Harvard and a longtime innovator in quirky late-night fare — did not get to where he is by appealing to the Situations of this world. One gets the sad feeling that Conan is dumbing down "Conan" to appeal to a broader audience. If that's the plan, it's not working.

Conan's show has fallen to fourth place in the cable talk show wars, behind Jon Stewart, Stephen Colbert and E!'s monotonously crude Chelsea Handler. Stewart and Colbert win decisively in the young demographic, and they do it while booking obscure academics and authors. They win, not in spite of the fact that they appeal to their audience's intelligence and curiosity, but because they do.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)



Best Bets

America's Got Talent Twelve YouTube acts are in the running for four slots in the semifinals. Tonight, they find out who's staying in the contest. Piers Morgan, shown; Howie Mandel; and Sharon Osbourne are the judges. Nick Cannon hosts.



Melissa & Joey Hear that ticking? That's the sound of Mel's biological clock. Actually, it isn't biology; it's the fact that all her previously single friends have found love. When the last of the singletons gets engaged, she feels the pressure to find someone of her own.



Royal Pains Hank treats a magician (guest star Tony Hale) whose anxiety is beginning to affect his performance. Evan discovers that his brother has anxiety issues of his own when he books a segment on the "Today" show, not realizing Hank is terrified of public speaking. Matt Lauer, shown, guest-stars as himself.

Storage Wars Barry is lured into a locker with a hole in the wall, Dave faces off with his nemesis, Darrell has trouble staying in the game, and Jarrod uses an old trick to sneak in a winning bid. (TRIBUNE MEDIA)

Reality



Funny Foodies

In honor of the 10th wedding anniversary of "The Daily Show's" Samantha Bee, right, and Jason Jones, left, three chefs try to capture the spirit of their relationship — romance and comedy — in a feast for couples on "Rocco's Dinner Party" (10 p.m., Bravo). Guests include designer Jonathan Adler and Simon Noonan, creative director of Barneys New York. (TM)

Everyone's talking.

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Lee Bailey, EURWEB.COM

"BRILLIANT!"
Roger Moore, ORLANDO SENTINEL

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Mark Dubec, CBS-TV/INDIANAPOLIS

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Meg Porter, FOX-TV/MIAMI

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"Breathtaking!"
Guy Farris, ABC-TV/SACRAMENTO

"FUNNY, TOUCHING, INSPIRING."
Pete Hammond, BACKSTAGE

"A MUST-SEE!"
Tony Toscano, TALKING PICTURES

★★★★★
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Jeff Craig, SIXTY SECOND PREVIEW



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Wineries lure families with activities for kids as parents go sipping

Destinations

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Want to tour a castle, picnic under the trees or take a quick dip in a pool? Those are some of the options available, part of a trend that has seen more wineries expanding the visiting experience to include much more than tasting.

At Raymond Vineyards in St. Helena, owner Jean-Charles Boisset has more than a passing interest in making a place for children. He's a new father to twin girls with wife Gina Gallo.

Raymond, which is in St. Helena, has a grove where you can start up a game of croquet or bocce and a fruit orchard to explore. The Theatre of Nature is under construction and will feature sheep, goats, chickens, a sensory garden and more, and is aimed at explaining the winery's natural approach to wine-growing.

There are ultimately plans to have a child room where children can do art or watch a movie for 45 minutes while their parents taste



ERIC RISBERG/AP

Castello di Amorosa has turrets, towers, dungeons and a even working winery.

Where to Go

Here are a few places in Napa Valley and neighboring Sonoma County that can be good options when you're traveling en famille.

► FRANCIS FORD COPPOLA

WINERY: A true resort, this winery in Sonoma County has a lifeguard-staffed pool and a restaurant. Families can rent towels and a small cabin with a shower. Poolside drink service is available.

► **CASTELLO DI AMOROSA:** And now for something completely different. How about a tour of a 107-room castle built in the style of 13th-century Tuscany? Children of all ages are welcome at the castle, which is a real working winery. (AP)

wines. Meanwhile, for people who want to do some serious wine-tasting minus the small fry, there are other areas of the winery that are for adults only.

It bears mentioning that visiting a winery with children requires planning. You'll know best how long your child can stay entertained and with what.

In general, check first to make sure you're visiting a winery with a child-friendly attitude, and look for places that have extensive grounds with features that could amuse a child such as fountains. And be prepared to provide intense supervision. Even the most family-friendly of wineries isn't going to take kindly to toddlers running amok among the stemware. (AP)

Real Deals



LOSE YOURSELF IN TOKYO'S RICH CULTURE

\$1,497 Round-trip airfare to Tokyo on Singapore Airlines; five nights in downtown Tokyo overlooking Shinjuku Park at the Hilton Tokyo Hotel; a half-day city tour that visits the Tokyo Tower observatory, Tokyo Bay, the Imperial Garden, the Meiji Shrine and Ginza; all transfers, hotel taxes and fuel surcharges; from \$1,497 — plus estimated airport taxes and fees of \$57.

WHEN: Midweek Aug. 16–Nov. 30, 2011 (\$1,497); add from \$50 for weekends Aug. 16–Nov. 30; from \$250 for midweek through Aug. 15; from \$300 for weekends through Aug. 15.

DETAILS: No book-by date; based on availability. Contact Escapes Unlimited, 800-243-7227, EscapesLtd.com. Price based on L.A. as the gateway city.

From Budget Travel Magazine FIND MORE DEALS & TRIP-PLANNING TIPS ONLINE AT BUDGETTRAVELONLINE.COM

food **lookout**

Amy Troutmiller creates dill pickles, shown, and tarragon pickled blueberries for drinks at Westend Bistro.

LET'S MAKE A DILL

ink outside the jar
d whip up your own
ckles from summer
its and vegetables

ooking

ht now, backyard beds and
mers market stalls are over-
ving with ultra-fresh produce.
what do you do when you can't
ble down a cascade of cukes or
plus of sweet peppers? Break
the brine and start pickling.
s way, nothing goes to waste,
you can enjoy Mother Nature's
nty for months to come.

Amy Troutmiller — general
nager of Westend Bistro (1190
St. NW; 202-974-4900) and
rseer of the restaurant's be-
ve program — loves making

and eating pickles. "I would rather
sit down with a jar of pickles than
a bag of potato chips," she says.
"Then I'll eat the whole jar."

Four years ago, she was looking
for a new hobby and decided to try
pickling. After getting some advice
from her grandmother, a lifelong
canner, Troutmiller prepared 13 dif-
ferent brines and preserved every-
thing from cukes to cauliflower to
Brussels sprouts. Now she pickles a

colorful array of fruits and veggies
for the restaurant's cocktails, cre-
ating treats such as tarragon pick-
led blueberries that float in the lav-
ender soda Rickey. Luckily, it's not
hard to do this yourself.

Start out with hearty produce
that absorbs flavor easily. "Cucum-
bers, carrots, cauliflower, onions
and zucchini all work well," says
Sarah Hood, author of "We Sure
Can: How Jams and Pickles are
Reviving the Lure and Lore of Local
Food" (\$25, Arsenal Pulp Press).
Save produce with thin skins and

soft flesh (tomatoes, cherries) till
you get more advanced, because
they have a tendency to pop or get
mushy. And always use the fresh-
est produce possible. "Never woody,
soft or wrinkled," Hood says. "You
want everything very crisp."

Then, mix up your brine using
four simple ingredients: water, vine-
gar, salt and sugar. The water-to-vine-
gar ratio is a personal preference,
but Troutmiller recommends never
going beyond a 50-50 mix. "Any
more vinegar than that and it just
gets too astringent," she says.

Cathy Barrow (Mrswheel-
barrow.com), a local food writ-
er who teaches pickling classes,
advises vinegar experimentation.
"Apple cider is very fruity; sher-
ry is very heavy," she says. Other
options include white, rice, bal-
samic and red wine vinegar. Just
make sure the variety you choose
has at least 5 percent acid (listed
on labels), since it facilitates the
pickling process.

Almost anything from the spice
rack is good for jazzing up your
brine. However, use everything in
moderation so that the more deli-
cate flavors aren't sublimated by
bolder spices, such as saffron and
cloves. Hood prefers to use whole
spices, such as star anise, cinnam-
on and all spice. "They add an
interesting flavor, and they look
pretty in the jar," she says.

First-timers can buy pre-mixed
pickling spices (available in the
baking aisle from brands such as
McCormick and Frontier). "Figure
out which flavors in the mix you
like," Barrow says. Troutmiller sug-
gests you add some alum (available
in the spice section of the grocery
store) to keep veggies crisp, so they
taste just as crunchy next winter
as they do this summer.

When it comes to canning your
concoctions, make sure your jars
are sterilized before they're filled
and that the produce is completely

BRINE IN NO TIME



If pickling and canning sound too time-consuming, you can make a batch of quickles, or quick pickles. Local food blogger Cathy Barrow likes quick-pickling red onion to put on tacos, sandwiches and salads. "Or I eat them when I'm standing at the refrigerator trying to figure out what I'm going to make for dinner," she says. The fast method, also favored by Southern cooks such as the Lee Brothers, also works well with cucumbers and zucchini.

Fact:
**Quick pickles can be
made in an hour.**

To whip up Barrow's onion quickles, thinly slice red onions into half-moons. Mix a half-water, half-vinegar brine flavored with salt, sugar and spices to taste. Bring the saline solution to a boil, pour it over the sliced vegetables, and then let them cool in the fridge. An hour later, you can bring them over to a friend's barbecue party and pretend that you slaved over them all day. N.M.

submerged in brine. Once the lids
are on, the jars need to be boiled
again. The times vary depend-
ing on what you're canning and
what elevation you're at, so check
out the National Center for Home
Food Preservation's website for
full details (Uga.edu/nchfp/how/
general.html).

And once you've sealed the lids,
you can either crack open your
creations or start dreaming of the
pickled okra you'll be enjoying
come December. NEVIN MARTELL



**"I WOULD RATHER SIT DOWN WITH A JAR
OF PICKLES THAN A BAG OF POTATO CHIPS.
THEN I'LL EAT THE WHOLE JAR."**

— AMY TROUTMILLER, PICKLE MAKER AND GENERAL MANAGER AT WESTEND BISTRO

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Poll Center

Day's Question

ARE YOU CONFIDENT IN
LONDON'S ABILITY TO KEEP
THE 2012 OLYMPICS SAFE?

VOTE AT EXPRESSNIGHTOUT.COM OR
TEXT A FOR YES OR B FOR NO TO 98999

Yesterday's Results

DO YOU THINK THE U.S.
WAS OVERSERVED TO HAVE ITS CREDIT
RATING DOWNGRADED?



For every person, business or gov-
ernment can borrow 40 percent
of their budget and expect a per-
centage credit rating."

MENTER BRAD2

Did the U.S. deserve this down-
grade back in 2008, but back
then S&P was too busy giving
toxic default swaps full of toxic
mortgage-backed securities AAA
ratings. I appreciate the effort
to try and regain some shred of
credibility, but they're sounding
the alarm far too late to help."

MENTER CHAD LEHOMPE

HOW YOUR METRO STATION VOTED
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Blog Log

"The Pittsburgh Steelers are like
any NFL team, a collection of men
living out boyhood dreams. Well,
a select few will get the chance to
double down on boyhood wishes."

— JAYREAS.COM FINDS IT PRETTY COOL THAT A COUPLE
OF PLAYERS ON THE TEAM WILL APPEAR IN THE NEWEST
BATMAN MOVIE, "THE DARK KNIGHT RISES," AS MEMBERS
OF THE FOOTBALL TEAM THE GOTHAM ROGUES.



"It's kind of a drag to see a
longtime institution being
pushed out in favor of a chain,
but that appears to be the way
Cleveland Park is heading
these days."

— DCIST.COM LAMENTS THE NEWS THAT
THE IRISH PUB FOUR PROVINCES ON
CONNECTICUT AVENUE IS CLOSING ITS
DOORS ON NOV. 5, AND RUMORS HAVE IT THAT
MCFADDEN'S MAY BE REPLACING IT.



"[I've] been a fan of Murs since [his
song] 'Dark Skinned Whitegirl,'
and the merger with Tabi [Bonney]
was bound to produce a gem. This
is that gem."

— KNOWPRESERVATIVES.COM THINKS THE NEW VIDEO FOR THE SONG "HIP HOP AND LOVE" BY
MURS, LEFT, AND BONNEY, RIGHT, RELEASED ON TUESDAY IS A CLASSIC.

"Suddenly it's sinking in how long
ago the '90s were. TWO decades
ago! Nothing illustrates this better
than the metamorphosis of Sinéad
O'Connor."

— JANETCHARLTONSHOLLYWOOD.COM WAS STUNNED BY
PICTURES OF O'CONNOR THAT SURFACED FROM HER APPEAR-
ANCE LAST WEEKEND AT AN IRISH MUSIC FESTIVAL, AT
WHICH SHE WORE "A SENSIBLE HAIRCUT AND GLASSES."



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puzzles lookout

Horoscope

July 23-Aug. 22 You may have to double your efforts in order to fulfill all commitments to those around you. You are looking for something extra.

Aug. 23-Sept. 22 You're likely to come up with a suitable arrangement for another who is seeking a way out of the sort. You needn't use underhand means.

Sept. 23-Oct. 22 Once you get the day, you'll find yourself with high energy and concentration to get things done as scheduled.

Oct. 23-Nov. 21 You may have as though one of your routine duties is getting in the way of a potentially lucrative new project. You can do both.

Nov. 22-Dec. 21 Domestic affairs are in the spotlight, but simply home upkeep to tricky relationship issues. It all warrants attention.

Dec. 22-Jan. 19 You may feel as though you are not wholly deserving of the recognition that is coming your way. Why is it that you value yourself?

Jan. 20-Feb. 18 Despite your best efforts, you're not likely to see that secret very long, and, ultimately, it's in your best interest to come clean.

Feb. 19-March 20 You may find it quite difficult to keep things in balance, as the conflict between competing factions heats up considerably.

March 21-April 19 You can find someone feeling much better about himself or herself simply by acknowledging a job well done. It's as simple as that.

April 20-May 20 What first seems to you is likely to capture your imagination for quite some time and perhaps inspire you to change your course.

May 21-June 20 The journey you have planned for yourself may be well conceived, but with a little more you can at least reach your destination safely.

June 21-July 22 Focus on the task which gives you something for your efforts; now is not the time to do something that merely drains your energy resources.

Scrabble Grams

PAR SCORE 150-160, BEST SCORE 230

E ₁	E ₁	K ₅	C ₃	N ₁	H ₄	P ₃
E ₁	U ₁	D ₂	T ₁	C ₃	C ₃	D ₂
E ₁	U ₁	D ₂	P ₃	S ₁	R ₁	C ₃
I ₁	I ₁	Y ₄	L ₁	D ₂	C ₃	L ₁

--

RACK 1

--

RACK 2

--

RACK 3

--

RACK 4

1st Letter Double

Triple Word Score

Yesterday's Solution

P ₃	R ₁	O ₁	B ₃	L ₁	E ₁	M ₃	RACK 1 =	<u>63</u>
C ₃	H ₄	E ₁	M ₃	I ₁	S ₁	T ₁	RACK 2 =	<u>78</u>
E ₁	L ₁	D ₂	E ₁	R ₁	L ₁	Y ₄	RACK 3 =	<u>65</u>
M ₃	O ₁	N ₁	O ₁	C ₃	L ₁	E ₁	RACK 4 =	<u>61</u>
PAR SCORE 200-210							TOTAL	<u>267</u>

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

5								7
4								2
	1	6	2		8	9	3	
	5			3			2	
			1		4			
	8			6			4	
	6	2	5		3	4	8	
8								5
3								1

Yesterday's Solution

6	9	2	1	7	3	5	4	8
1	4	8	9	5	6	7	3	2
5	3	7	4	2	8	6	1	9
9	2	6	7	3	4	8	5	1
4	1	5	8	6	2	3	9	7
7	8	3	5	1	9	4	2	6
3	5	1	2	8	7	9	6	4
2	7	4	6	9	5	1	8	3
8	6	9	3	4	1	2	7	5

Need more Sudolku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



90 | 68

Today: Partly sunny today. A moonlit sky tonight.



85 | 66

Tomorrow: Sunshine and patchy clouds tomorrow. Partly cloudy tomorrow night.

Looking Ahead



FRI



SAT



SUN

83 | 67 85 | 71 87 | 68

Sun and Moon

Sunrise today: 6:17 a.m.
Sunset today: 8:10 p.m.
Moonrise today: 6:03 p.m.
Moonset today: 3:01 a.m.

Almanac

Normal high: 87
Record high: 102
Normal low: 70
Record low: 57

FORECAST BY ACCUWEATHER.COM ©2009

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XD074_a 2x5

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Third Friday of the month

XX642 2x5.5

lookout puzzles

Crossword

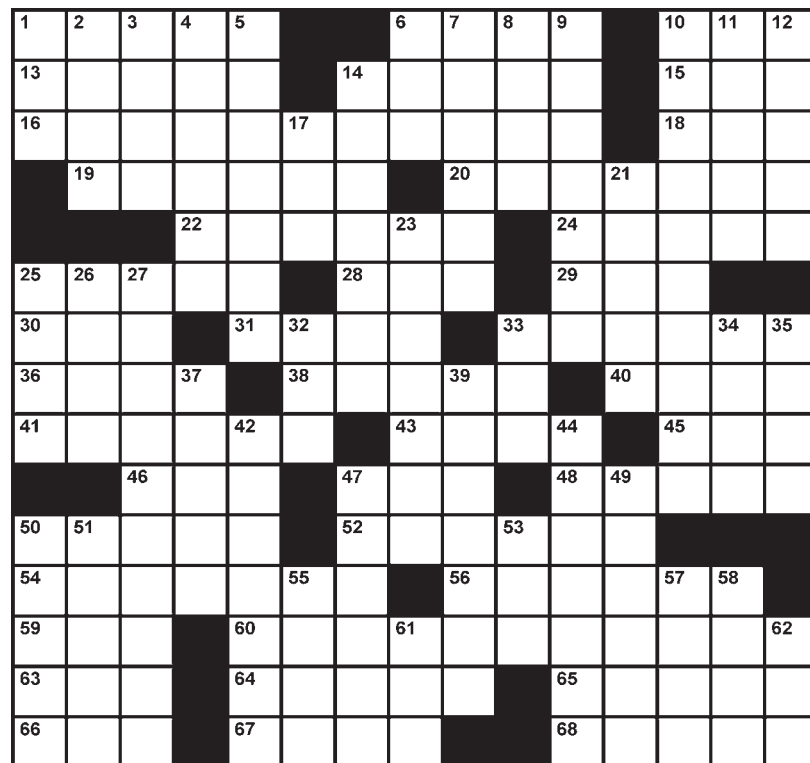
THE NAME GAME

ACROSS

- 1 Small drum with a fife
- 6 Study at the last minute
- 10 Sib of sis
- 13 Peach or plum, e.g.
- 14 Bakery whiff
- 15 Mauna ____
- 16 Figure from a popular nursery rhyme
- 18 ____ Lady of Fatima
- 19 Thread holders
- 20 Raise in rank
- 22 Greet, as a soldier
- 24 Walked in the pool
- 25 Gave two pills every four hours, e.g.
- 28 Get ____ of (throw away)
- 29 Not a picky specification
- 30 Alcohol chaser?
- 31 "As ____ on TV!"
- 33 Matters for the police
- 36 Radio clown and actor Pickens
- 38 Intimidate (with "out")
- 40 Dandy's accessory
- 41 Pina ____
- 43 Chicago paper, for short
- 45 Letters on a food label
- 46 Discount rack abbr.
- 47 "Charlie's Angels" co-star Lucy
- 48 Indo-European
- 50 Harold Gray's orphan
- 52 Gangster's code of silence
- 54 Monarch's title
- 56 Brothers of bankruptcy
- 59 Three-time Tony winner Hagen
- 60 Legendary Black Sox slugger Jackson
- 63 Anatomical pouch
- 64 Meg of "The Big Chill"
- 65 ____ cologne
- 66 Hunter's big game
- 67 Start of a national anthem
- 68 Blake's "burning bright" critter

DOWN

- 1 Some football pts.

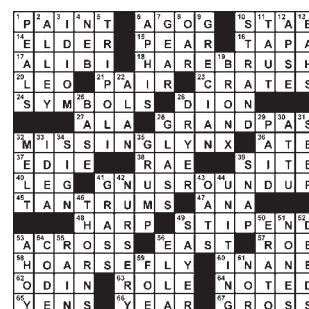


EDITED BY TIMOTHY E. PARKER

- 2 Onassis and Fleischer
- 3 Road caution
- 4 Run against
- 5 Puts in more ammo
- 6 Dernier ____ (latest fashion)
- 7 Blew out the other team
- 8 Valentine's Day cherub
- 9 Seabiscuit's grandsire
- 10 Tab item for Tyler Moore?
- 11 Postal beat
- 12 Used one's scull
- 14 Frees from doubt
- 17 Allen-wrench shape
- 21 Frenzied
- 23 Ukulele player with a falsetto voice
- 25 Part of CD
- 26 Norway's capital
- 27 Zack Moseley's comic strip pilot
- 32 Climate-concerned org.
- 33 22nd Greek letter
- 34 "Never ____ sentence with ..."
- 35 Connery of "The Avengers" (1998)
- 37 Donny's sister
- 39 In a merciless fashion
- 42 ____ kill (look sharp)
- 44 Certain toiletries collection
- 47 Jesuits' founder
- 49 Chef Gordon
- 50 Regale
- 51 Relating to birth
- 53 Mr. ____ (old board game similar to Clue)

- 55 "That" partner
- 57 "A loaf of bread, ____ of wine ..."
- 58 Junction point
- 61 Ron of Tarzan fame
- 62 "Mountain" ending

Yesterday's Solution



Today in History

1821 Missouri becomes the 24th state.

1846 President James K. Polk signs a measure establishing the Smithsonian Institution.

2006 British authorities announce they have thwarted a terrorist plot to simultaneously blow up 10 aircraft heading to the U.S. using explosives smuggled in hand luggage.

express



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NG 'Riot' Singer Suffers Furid Attack in New York

er-songwriter Gavin DeGraw is hospitalized after being attacked by a group of men on a New York City street. A statement released on his behalf says the 34-year-old has a concussion, a broken nose, black eyes, and bruises. Police say DeGraw suffered the injuries after he was beaten by "unknown male attackers" on Sunday in the East Village. (AP)

RGES V: Setting Parenting's Standard Since 2009

Jenelle Evans, a North Carolina teen who stars on MTV's "Teen Mom 2," has been charged with a probation violation, according to the Brunswick County Detention Center. Evans, 19, was charged with assault in March after a fight that was recorded on video. A month later, she received 12 months of probation and community service for a probation violation charge. (AP)



LIONSGATE HOME ENTERTAINMENT

Hollywood is also promoting an updated sequel to "Flashdance," but this time it's about a dancer who wants to become a welder.

REMAKES

One Time Just Wasn't Enough

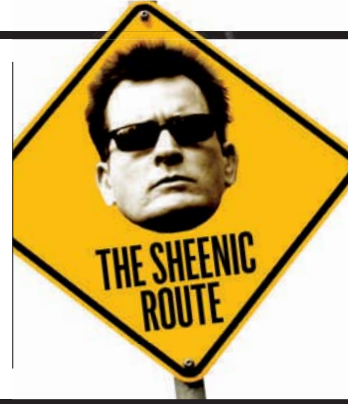
"Dirty Dancing" is coming back to the big screen. Lionsgate is remaking the 1987 film that starred Jennifer Grey and Patrick Swayze. Kenny Ortega, who choreographed the original, will direct the remake. Ortega says he is eager to discover and cast "the next breakout triple threats" to define dancing for a generation, the way Swayze did. (AP)



Celebrations

Parties You're Not Invited To

Kim Kardashian plans on having some big-name guests at her and Kris Humphries' Aug. 20 wedding. J.Lo, Justin Bieber, Ryan Seacrest, Eva Longoria, Kanye West, Beyonce and Jay-Z have all been invited, according to Radaronline.com. (EXPRESS)



IDEAS

Our Sticker Suggestion at Left

Charlie Harper may soon be dead on "Two and a Half Men," but that's not deterring some Charlie Sheen fans from showing their support for the character and actor. "Where's Charlie?" stickers have been popping up in L.A., with most appearing in the Mulholland area where Sheen lives, TMZ.com reports. (EXPRESS)



"What I am happy to say is, if you didn't like the photo, you only see about a 10th of what that suit can do. And if you did like the photo, you have excellent taste." — ANNE HATHAWAY RESPONDS TO MTV ABOUT THE BACKLASH OVER PHOTOS OF HER AS CATWOMAN THE SET OF "THE DARK KNIGHT RISES."

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